

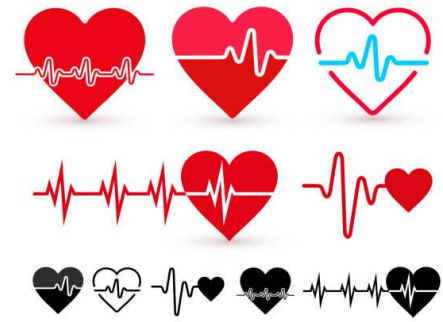
HOSPITAL DINING ROOM IT IS OUR TARGET MARKET OF HOSPITAL & CLINICAL FOOD DEPARTMENT



www.pharma1humanitas.com

pharma1humanitas@gmail.com

PHARMA 1 HUMANITAS SALES AND IMPORT & EXPORT HEALTHY STAPLE FOODS.OUR TARGET MARKET-ARE:CLINICAL,HOSPITAL,GDO,WHOLESALE, SUPERMARKET,FOOD INGREDIENT FACTORY.



www.pharma1humanitas.com pharma1humanitas@gmail.com



FOOD SECURITY:

- ✓ **FOOD-STUFFS**
- ✓ **READY-MEALS**
- ✓ **BEVERAGE**
- ✓ **HEALTHY COOKING OIL**
- ✓ **HEALTHY GRAINS & BEANS**
- ✓ **HEALTHY VEGETABLES & FRUITS**
- ✓ **SUGAR**
- ✓ **TEA**
- ✓ **SAFFRON**

PHARMA 1 HUMANITAS SUPPLY FOOD-STUFFS - READY MEALS TO THE SUITABLE HOSPITAL & CLINICAL DEPARTMENT



We believe in health promotion and nutritional education with particular reference to the model Mediterranean. Our wholesale distribution can take on an educational role useful for the prevention of chronic-degenerative diseases and the treatment of different forms of malnutrition.

PHARMA 1 HUMANITAS HOSPITAL FOOD KIT

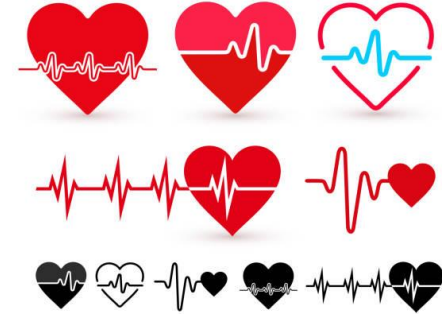
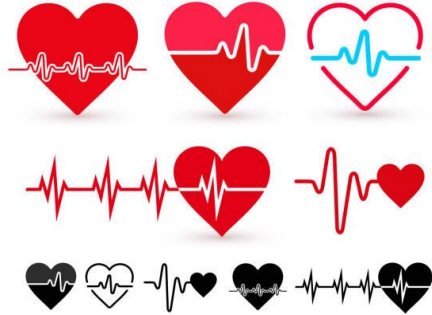
STAPLE FOOD:HEALTHY EDIBLES OILS,CEREALS,BEANS,VEGETABLES,FRUITS.



Our food sourcing strategy it is process to export a variety of food-stuffs sources across the ethical supply chain:from FDIA sustainable local farmers,our factories partners in Tunisie,Italy & Algerie for wholesale distribution via Pharma1humanitas in hospitality sector and more.

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PHARMA 1 HUMANITAS READY-MEALS



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PHARMA 1 HUMANITAS HOSPITAL FOOD KIT



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PHARMA 1 HUMANITAS RICE-BEANS-GRAINS



www.pharma1humanitas.com

pharma1humanitas@gmail.com

FROM THE LAND TO THE HOSPITAL & CLINICAL



www.pharma1humanitas.com

pharma1humanitas@gmail.com

PHARMA 1 HUMANITAS SUGAR IN 1000KG BAG



www.pharma1humanitas.com pharma1humanitas@gmail.com

HOSPITAL COFFEE BLEND CAPSULE & POWDER



www.pharma1humanitas.com

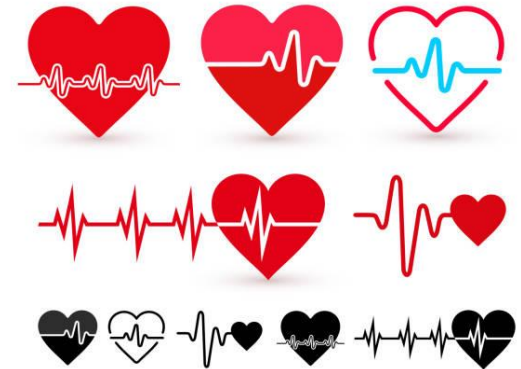
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FROM THE FARM TO THE HOSPITAL BAR



TARGET MARKET:

- ✓ CAFETERIA
- ✓ HOSPITAL BAR
- ✓ DININING ROOM



FROM THE FARM TO THE HOSPITAL BAR



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HOSPITAL BEVERAGE JUICE 1 LITRE



www.pharma1humanitas.com

pharma1humanitas@gmail.com

ENERGY HEALTHY DRINKS 250ML



COFFEE DRINKS 250ML CAN



SUNFLOWER OIL SOURCED DIRECTLY FROM FACTORY



www.pharma1humanitas.com

pharma1humanitas@gmail.com

SUNFLOWER OIL -HEALTHY COOKING OIL



From a nutritional point of view it is a good source of unsaturated fats which can be used to replace other seasoning fats richer in saturated fats. It is also a source of molecules with antioxidant activity, in particular vitamin E.

1 litre – 5 litre – 10 litre HEALTHY COOKING OIL



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OLIVE OIL 1 LITRE BOTTLE



OLIVE OIL 1 LITRE BOTTLE



Olive oil is an excellent source of molecules with antioxidant activity, in particular phenolic compounds which have been associated with several possible health benefits. In fact, scientific studies suggest that olive oil could help fight cardiovascular problems by influencing the levels of lipids in the blood and the oxidation of LDL, the functioning of the endothelium, inflammation, coagulation, the antioxidant capacity of the plasma and response to glucose and insulin. Furthermore, it seems that olive oil helps prevent some forms of cancer (particularly those affecting the digestive system), that it exerts an antibacterial action and that it can be useful in cases of rheumatoid arthritis, as a laxative and, applied to the skin, as an effective emollient in case of dermatitis.

NATURAL SAFFRON



NATURAL SAFFRON



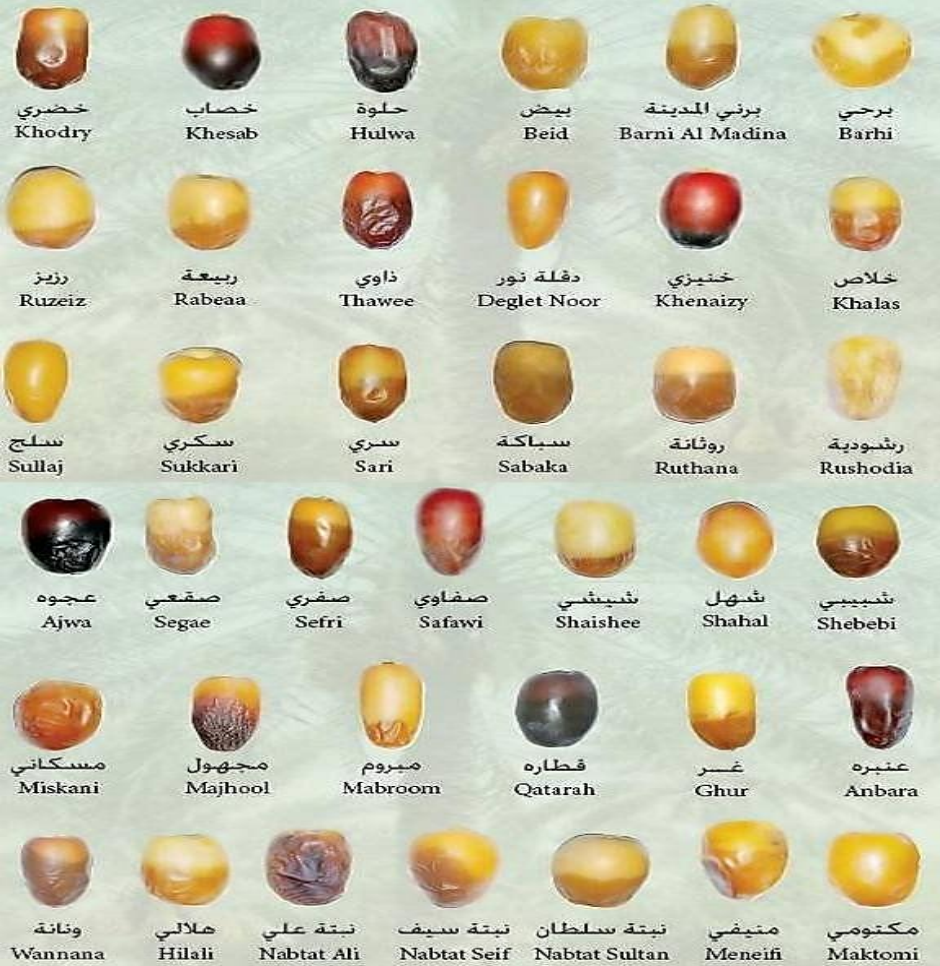
NATURAL SAFFRON





In many traditional medicines, **SAFFRON** is used as an antiseptic, antidepressant, antioxidant, digestive and anticonvulsant. In fact, this spice is a source of numerous nutrients and phytochemicals with antioxidant action (vitamin C, vitamin A, alpha-crocin and other carotenoids, manganese and selenium) that help protect health from oxidative stress, the risk of tumors and infections and that also act as immunomodulators. From a strictly nutritional point of view, it is a source of vitamins that are important for the proper functioning of the metabolism (in particular B vitamins) and minerals that help protect cardiovascular health (potassium), bones and teeth (calcium and phosphorus) and red blood cells (iron and copper). Finally, saffron provides fibers that are allies of intestinal health.

ALGERIAN & TUNISIAN DATES



Date fibers help reduce cholesterol, are laxatives and protect against colon cancer. Tannins are anti-infective, anti-inflammatory, antioxidant and anti-hemorrhagic. Vitamin A protects eyesight, mucous membranes and skin and defends against lung and oral cavity tumors; beta carotene, lutein and zeaxanthin (which defends against age-related macular degeneration) could protect against prostate, breast, endometrial, lung and pancreatic tumors. B vitamins are important for metabolism, as is vitamin K, which also promotes good coagulation.

Among minerals, iron is important for oxygen transport, potassium for cardiovascular health, calcium for bones, muscle contraction, coagulation and nerve impulse conduction, manganese for antioxidant defenses, copper for the production of red blood cells and magnesium for bones.



التمر



LAVENDER NATURAL HONEY



www.pharma1humanitas.com pharma1humanitas@gmail.com

RICE PACKED IN 10KG -5KG-1000KG



RICE PACKED IN 10KG -5KG-1000KG



RICE PACKED IN 10KG -5KG-1000KG



www.pharma1humanitas.com pharma1humanitas@gmail.com

TEA PACKED IN: 100 GRAMME-1000KG



CHAMOMILLA PACKED IN: 1 KG -1000KG



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pharma1humanitas@gmail.com

WALNUTS FORMAT PACKAGING OF 50 KG



Walnuts hide antioxidant and anti-inflammatory properties. The benefits of their consumption include the reduction of total and bad cholesterol, the improvement of blood vessel tone, the reduction of platelet aggregation and that of inflammatory markers, all positive effects in terms of cardiovascular health. Walnuts would also be useful allies against metabolic syndrome, in the management of type 2 diabetes, in the prevention of some forms of cancer and in the promotion of bone health, a good memory, good cognitive abilities and good sleep.

PHARMA 1 HUMANITAS WHITE SUGAR IN 1000KG BAG



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pharma1humanitas@gmail.com

PHARMA 1 HUMANITAS WHITE SUGAR IN 1000KG BAG



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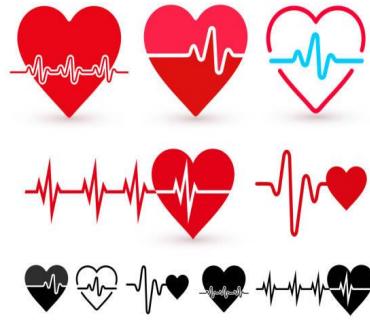
pharma1humanitas@gmail.com

PHARMA 1 HUMANITAS BROWN SUGAR IN 1000KG



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pharma1humanitas@gmail.com



Magnesium can be taken through specific medications or food supplements or with a varied and balanced diet. Magnesium is absorbed in the small intestine, thanks to the intervention of some hormonal and metabolic factors. Among the most useful food sources of magnesium are those of plant origin, but also those of animal origin (meat and fish).

Among the foods that contain magnesium in more significant quantities are:

Legumes: in particular peas, chickpeas, lentils, borlotti beans, soybeans.

Dried fruit: walnuts.

Whole grains: rice and wheat.

Green leafy vegetables: spinach, rocket, green radicchio, lettuce.





WE SELL & EXPORT STAPLE FOOD AND FOOD-STUFFS FROM ALGERIA, ITALY AND TUNISIA. THESE PRODUCTS ARE GOOD FOR THE HEART!

FDIA AGRO INDUSTRIAL GROUP



FDIA FOOD



FDIA AGRO INDUSTRIAL GROUP



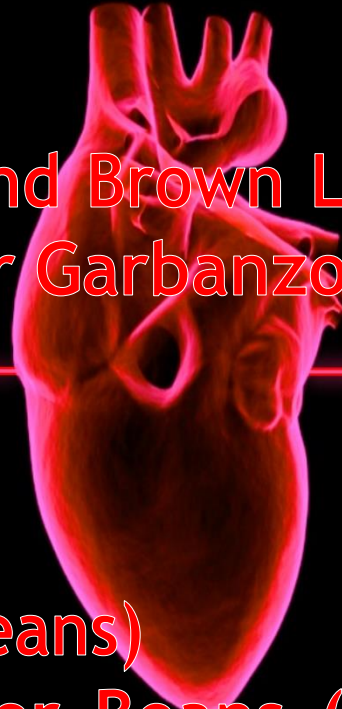
FDIA FOOD



The Types of Beans exported from our agro-industrial group

PHARMA 1 HUMANITAS EXPORT FROM OUR AGRO-INDUSTRIAL GROUP: LENTILS, BEANS, AND PEAS; SUCH AS:

- Baked Beans
- Red, Green, Yellow And Brown Lentils
- Chickpeas (Chana Or Garbanzo Beans)
- Garden Peas
- Black-eyed Peas
- Runner Beans
- Broad Beans (Fava Beans)
- Kidney Beans, Butter Beans (Lima Beans), Haricots, Cannellini Beans, Flageolet Beans, Pinto Beans And Borlotti Beans



PHARMA 1 HUMANITAS AND AGRO-INDUSTRIAL GROUP SELL & EXPORT FOOD, THAT IS GOOD FOR THE HEART OF THE HUMAN-BEINGS. WE SUPPLY AGRO-PRODUCTS FROM ALGERIA, ITALY AND TUNISIA! OUR PRODUCTS ARE FULL OF HEALTH BENEFITS!

Beans: Things to Know

Beans are classified as a legume, along with peas, peanuts, and lentils. They are the seeds of flowering plants in the Fabacea family. Beans typically grow in pods with more than one bean inside. They are rich in fiber and B vitamins, helping to reduce cholesterol and blood sugar levels. They also serve as a source of protein, making a great substitute for meat. Not to mention-they're cheap!

All this is to say-adding beans to your diet is a good choice. Beans come in both canned and dry forms. Canned beans are great time-savers since the beans come fully cooked and just require some reheating. However, beans can lose flavor in the canning process, so some prefer to buy them dry and give them a good soak overnight. But with so many different types of beans, where do you begin? We've got you covered. Read on for a list of different types of beans and how to cook with them.

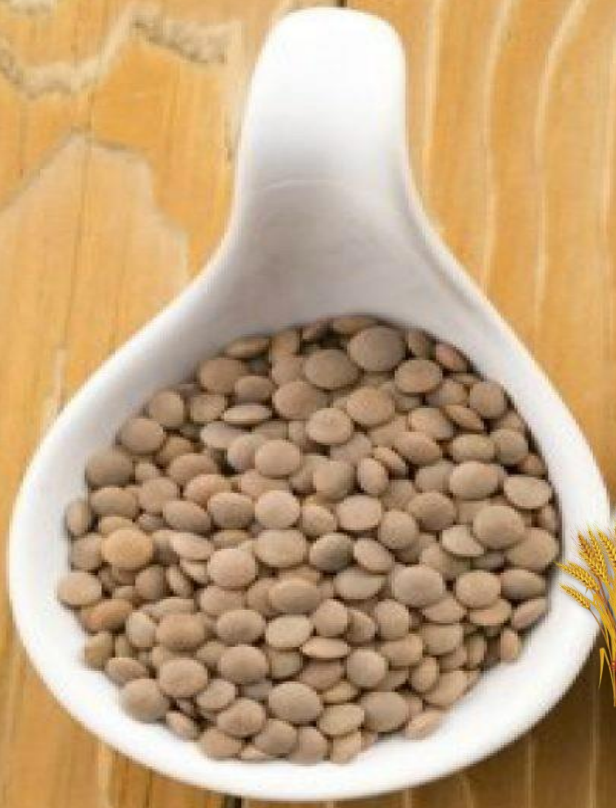


Lentils

Lentils Are One Of The Most Nutritious And Versatile Plant-based Proteins. The Pulse Is A Cousin To Peas And Beans, And Originated In Asia And North Africa. They're Super Low-fat And Boast High Amounts Of Protein, Fiber, Calcium, Iron, And Other Nutrients. They're Awesome In Traditional Dishes Like Curry Or Soup, But Also Delicious Blended Into Veggie Burgers, Sauces, Casseroles, And As A Standalone Vegetarian Main. Dried lentils can be stored at room temperature, in an air-tight container, for up to a year. It's generally recommended to rinse lentils before adding them to dishes, and quickly sift through for any broken bits. You do not need to soak like other dried beans or peas, but if you do you can cut the cooking time down by half. Lentils are a mainstay of vegetarian cuisine. But they come in a bewildering variety of colors, and many cooks are uncertain about which ones to choose. Brown, black, green, red, yellow - what's the difference between these various types? And which ones should you use in your favorite recipes?



- ❖ **Brown**
- ❖ **Green Lentils**
- ❖ **Red Lentils**
- ❖ **Black Beluga Lentils**



PRODUCT SPECIFICATION

PRODUCT NAME
TYPE
MOISTURE
IMPURITY
IMPERFECT
DIMENSION
PACKING
STORAGE
SHELF LIFE

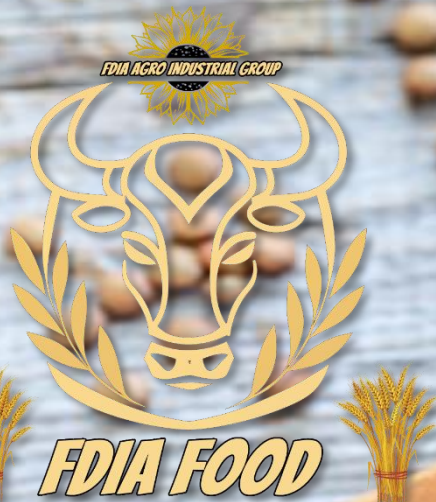
LENTIL
GREEN LENTIL
 $\leq 16\%$
 $\leq 0.5\%$
 $\leq 3\%$
3.0MM <X> 5.0MM
5KG, 10KG 25kg, 50kg pp. bags
IN COOL AND DRY PLACE
24 MONTHS



PRODUCT SPECIFICATION

PRODUCT NAME
TYPE
MOISTURE
IMPURITY
IMPERFECT
DIMENSION
PACKING
STORAGE
SHELF LIFE

LENTIL
BROWN LENTIL
 $\leq 16\%$
 $\leq 0.5\%$
 $\leq 3\%$
3.0MM <x> 5.0MM
5KG, 10KG 25kg, 50kg pp. bags
IN COOL & DRY PLACE
24 MONTHS



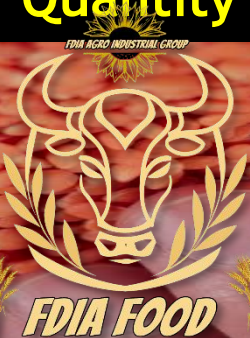
Red Lentils

PRODUCT:
TYPE:
MOISTURE:
IMPURITY:
IMPERFECT:
DIMENSION:
PACKING:
STORAGE:
SHELF LIFE:

LENTIL
RED LENTIL
 $\leq 16\%$
 $\leq 0.5\%$
 $\leq 3\%$
3.0MM <x>5.0MM
5kg, 10kg, 25KG, 50KG, 100kg PP BAG
IN COOL - DRY PLACE
24 MONTHS

International Certificates

- Phytosanitary Certificate
- Quality Certificate issued
- Certificate of Origin
- And other certificates you request.
- Quantity About 23MT per 20FCL.



SPECIFICATION:

Dimensions:	3<x>5mm
Moisture:	14.5 percentual
Purity:	99% min
Crop year:	Currently-new.
Sortex:	100%
Imperfect:	3%
Admixture :	1%
Packing:	5KG,10KG 25kg, 50kg pp. bags



LENTIL

Low humidity, low heat and good air circulation are critical for successful drying.

Type=	All types	Packaging=	Mason Jar, Tank, Drum, jute bag
Shelf Life=	2 Years	Model=	Red Lentil
		Weight=	PP NEW Bag. according to requirements.



Black Beluga Lentils

PRODUCT:

TYPE:

MOISTURE:

IMPURITY:

IMPERFECT:

DIMENSION:

PACKING:

STORAGE:

SHELF LIFE:

LENTIL

BLACK BELUGA LENTILS

≤16%

≤0.5%

≤3%

3.0MM<x>5.0MM

5KG, 10KG, 25KG, OR 50KG PP BAG

IN COOL, CLEAN AND DRY PLACE

24 MONTHS



Black-Eyed Peas

Small, plump, and spotted, these beans are an excellent source of folate (important for pregnant women). Their earthiness complements salty meats, like bacon and ham.



Chickpeas (Garbanzo Beans)

Also known as garbanzo beans, chickpeas are consumed more than any other beans in the world. Round and firm, with a nutty flavor, they're the basis of hummus



Soybeans

SOYBEANS ARE PROCESSED FOR THEIR OIL (SEE USES BELOW) AND MEAL (FOR THE ANIMAL FEED INDUSTRY). A SMALLER PERCENTAGE IS PROCESSED FOR HUMAN CONSUMPTION AND MADE INTO PRODUCTS INCLUDING SOY MILK, SOY FLOUR, SOY PROTEIN, TOFU AND MANY RETAIL FOOD PRODUCTS. SOYBEANS ARE ALSO USED IN MANY NON-FOOD (INDUSTRIAL) PRODUCTS.



Cannellini Beans

THESE LARGE, ROSY BEIGE KITCHEN MAINSTAYS (ALSO KNOWN AS WHITE ITALIAN KIDNEY BEANS) ARE CREAMY AND DELICATELY FLAVORED.



FDIA FOOD



Great Northern Beans

These small, white, kidney-shaped beans are an especially good source of calcium. Because they're mild and easily absorb seasonings, they work well in stews and soups.



Lima Beans

White Green, flat, oval-shaped lima beans—both the larger, potassium-packed butter (or Ford hook) beans and the sweeter baby Lima's—have a buttery flavor and a starchy interior that can turn mushy, so they're best in quick sautés. They are often sold cooked and frozen.



Pinto Beans

These light brown beans have substantial amounts of fiber and-protein. Their earthy flavor-and smooth texture works well in dips and stews or in refried beans.



Fava Beans

Fava beans, or broad beans, can be difficult to work with. They require that you remove them from their pods and then blanch them in order to get the skins off. But don't let that keep you from enjoying them. They have a sweet, nutty flavor and a buttery texture. They're perfect for topping salads, mashing for dips and spreads, or charred alongside asparagus.



FDIA FOOD



Export & packaging of navy beans

This bean goes by many names: haricot, pearl haricot beans, white pea bean, and Boston bean. They have a mild flavor and creamy texture, and similar to Great Northern Beans, they do a great job of absorbing the flavors around them. They're commonly used to make baked beans, or in traditional English breakfasts. They are also high in fiber, and may help reduce symptoms of metabolic syndrome due to their high fiber content. Try seasoning them with bay leaves, garlic, and fresh herbs.



Red Beans

These small, round red beans are commonly mashed into a red bean paste and used in Asian sweets like cakes, pastries, and even ice cream (see below)! These beans have a sweet flavor and a starchy interior. They can also be used for more savory applications such as alongside rice or leafy greens. Like other legumes, they're protein-packed and high in fiber.



Cranberry Beans

Rounding out the list are these striking cream-colored beans with red speckles. Also known as borlotti beans, cranberry beans have a creamy texture and a nutty flavor. They are often used in Italian dishes such as minestrone soup.

Use them in warm foods such as stews or cold foods such as bean salads. They can also be used in place of other bean types for chili, baked beans, and pasta fagioli.



Mung Beans

These beans are one of the most consumed types in the world. They are small, round, and green with a white stripe going through them. They have a mild flavor and a starchy texture. They are another plant-based source of protein that is high in antioxidants and fiber. They come in many forms: dried powder, whole uncooked beans, split beans, bean noodles, and sprouted

and sprouted seeds. They're good for use in soups, and their high fiber content makes them very filling. They can also be mashed and made into fritters for a healthy snack.



Black Beans

Rich in magnesium, these legumes have a velvety texture and a subtly sweet taste that goes well with smoky flavors, such as bacon or chipotle. Pair brightly colored vegetables and fruits with the shiny purple-black beans for festive salads. Black beans are available dried or canned.



Chickpeas

Chickpeas, also known as garbanzo beans, belong to the legume family, which also includes dried beans, lentils and split peas. Legumes are some of the best food sources of fiber available. To boost fiber in your diet, you can incorporate chickpeas into a wide variety of main dishes, sides dishes and snacks.



FDIA AGRO INDUSTRIAL GROUP



MAIZE SPECIFICATION



FDIA FOOD



WHEAT SPECIFICATION

Products:Our Agro-industrial group from **Algerie, Tunisie - Italy** offers five different grades of wheat:

Grade 1: 14.5% protein / 32% wet gluten **Grade 2:** 13.5% protein / 28% wet gluten **Grade 3:** 12.5% protein / 23% wet gluten **Grade 4:** 11% protein / 18% wet gluten **Grade 5:** Feed wheat.



THE MAIN EXPORT

QUALITY-OF

WHEAT IS:



Protein =

12.5% minimum.

Specific Weight=

77 kg/hl min.

Gluten=

25% min. (ISO 21415-

Falling Number (FN)=

250 sec. min.

:

180 minimum.

Moisture:

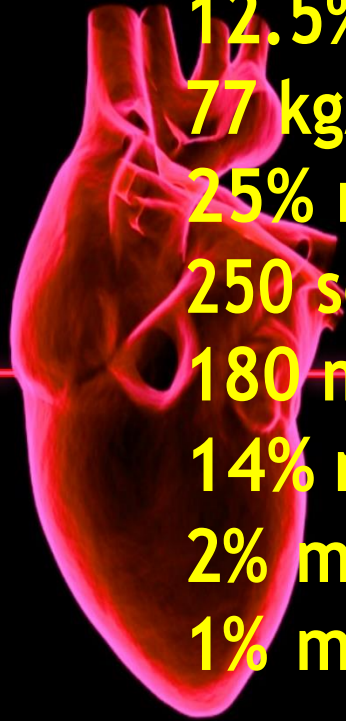
14% maximum.

Foreign Matter:

2% maximum.

Bug Damage:

1% maximum.



BARLEY

WE SELL & EXPORT FOOD THAT IS GOOD FOR THE HEART FROM ALGERIA, ITALY AND TUNISIA!. IT'S INEXPENSIVE, READILY AVAILABLE, AND EASY TO COOK.



TO PROTECT THE HEART, IT IS NECESSARY TO ENSURE THAT EVERY MEAL OF THE DAY ALWAYS INCLUDES FRUIT AND VEGETABLES, THAT IS, FOODS RICH IN VITAMINS, MINERAL SALTS AND ANTIOXIDANTS THAT, TOGETHER, SUPPORT THE WELL-BEING OF THE HEART. CHICKPEAS, BEANS, LENTILS, BUT ALSO PEAS AND BROAD BEANS CAN BE CONSUMED 2 TO 4 TIMES A WEEK AS AN ALTERNATIVE TO MEAT AND ITS DERIVATIVES OR FISH. THEY ARE A GOOD SOURCE OF VEGETABLE PROTEINS, FIBERS AND MICRONUTRIENTS THAT ARE ALLIES OF HEART HEALTH.



FDIA FOOD



SACHET OF 10KG OR 5KG



SACHET OF 1000KG





A photograph showing wheat stalks on the left, a bowl of wheat grains on the top right, and a jar of white cream in the center. The background is a dark blue surface with scattered wheat grains. The text is overlaid in yellow with underlines.

PHARMA 1 HUMANITAS USE
WHEAT AND FOOD INGREDIENTS
ALSO FOR COSMETIC AND
PHARMACEUTICAL SECTOR!





FDIA AGRO INDUSTRIAL GROUP

FDIA FOOD

